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# PATRIOTS D-LINE DOMINANT?

THEY HAVE THE POTENTIAL TO BE GREAT. PAGE 17

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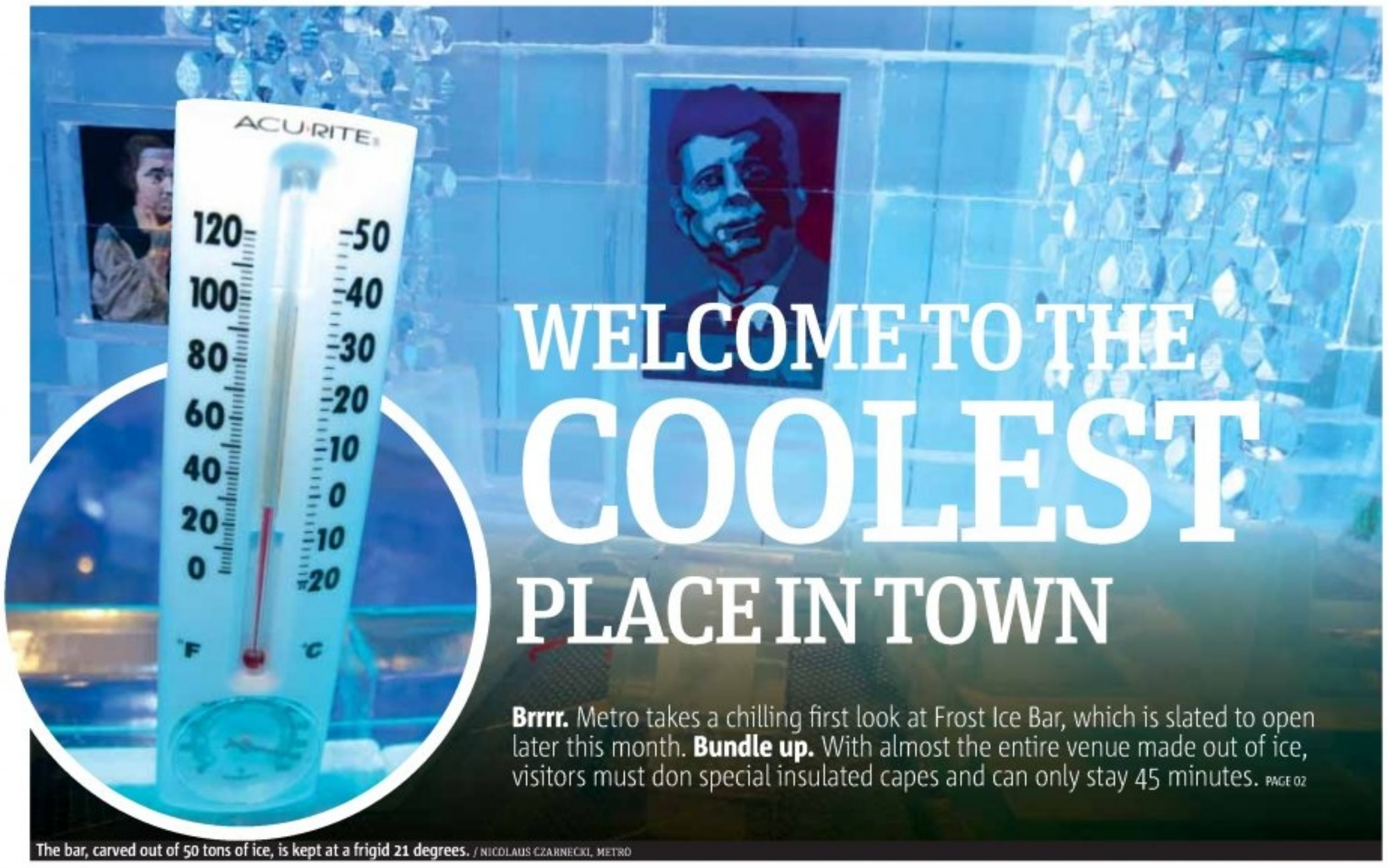


# WELCOME TO THE COOLEST PLACE IN TOWN

**Brrrr.** Metro takes a chilling first look at Frost Ice Bar, which is slated to open later this month. **Bundle up.** With almost the entire venue made out of ice, visitors must don special insulated capes and can only stay 45 minutes. PAGE 02

The bar, carved out of 50 tons of ice, is kept at a frigid 21 degrees. / NICOLAUS CZARNECKI, METRO

## Train to Cape Cod extended through fall

PAGE 04

## Make the most of your commute

PAGE 15

## How to resist that pesky box of cookies

PAGE 14

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1 NEWS

Top 3

*What's trending online at Metro.us*

1 VIDEO: 'Anthony Weiner mocks British TV reporter'

2 'Couple faces 90 days in prison for oral sex on flight'

3 VIDEO: 'Twogging is here, new version of doggy style'

Today's local tweet

"I can either talk to #Boston about my almost existent sex life or the awesome one i used to have. Gotta fit that female comic stereotype! Lol"

@laughatmyshame is not ashamed of her sexual escapades – or lack thereof.

Deadly dispute

## Trooper shoots man dead during traffic stop

A Massachusetts state trooper shot and killed a 23-year-old Springfield man early Sunday morning after a traffic stop on Route 91 turned violent, according to police.

The shooting happened about 12:22 a.m., after the driver allegedly "became combative and a physical altercation between he and the trooper occurred," police said.

The trooper, who joined the department in 2012 after graduating from the most recent academy class, has been put on paid administrative leave pending an investigation. METRO

Whitey verdict

## Bulger jury to reconvene

A jury that began its deliberations last Tuesday is due to return to federal court today to try and reach a verdict in the case of James "Whitey" Bulger.

Jurors have spent nearly 30 hours so far deliberating Bulger's guilt on a 32-count indictment that includes charges for racketeering, murder, extortion, money laundering and illegal gun possession.

The 83-year-old Bulger was arrested in Santa Monica, Calif., in 2011 after 16 years on the run. METRO

MBTA crime

## Man who bragged about warrants arrested

Undercover transit police officers on Thursday arrested a man who they claim bragged that he was a "wanted" man who would probably end up in prison.

William Mavrides, 25, of Weymouth allegedly "struck up a conversation" with one of the officers about 9:30 p.m. at Quincy Center Station before unintentionally confessing he had warrants out for his arrest. METRO

Frost Ice Bar is slated to open in Faneuil Hall Marketplace at the end of this month. / NICOLAUS CZARNECKI, METRO

# First look: Chillin' at Boston's first ice bar

**Icy hot.** Management expects Frost Ice Bar to attract locals and tourists alike.

A winter-whimsical bar slated to open at the end of August will no doubt give new meaning to the term "icy reception."

Frost Ice Bar, New England's first bar almost entirely sculpted out of ice, will be open to all ages in Boston's historic Faneuil Hall Marketplace by the end of August. Built out of 50 tons of ice, owners claim it will be the world's largest permanent indoor ice bar, showing up similar bars in New York, Orlando and Las Vegas.

"It is a unique opportunity to offer something that most people don't have access to," said Frost Ice Bar CEO Cindy Brown, who has been working on the project for four years. "It won't only appeal to tourists. We're expecting a lot of locals to come by when their friends come through town, or after work."

A glacial glance

Signature cocktails will include:

- **"The Lightship** – Triple 8 cranberry vodka, Triple 8 blueberry vodka, ginger puree, raspberry puree
- **1912** – Crop cucumber vodka, Altar Chi, ginger liqueur, ginger beer
- **Engine No. 7** – Camarena Reposado, agave, lime juice, red pepper puree
- **The Silversmith** – Privateer Silver rum, lime, simple syrup, mango puree

**The bar will not serve food.**

- Fruit and veggie garnishes are also off the menu, as any fallen food product would freeze to tabletops or stools.
- **General admission is** $18.99
  **Alcoholic drinks are** $11
  **Non-alcoholic drinks are** $6

Quoted

**"Everyone has a different threshold. Some people will definitely feel the cold, while others won't be bothered."**
Colella

Metro recently took a first look at the bar, which is getting its finishing touches.

The chilling expedition starts at the reception area, where guests will pay $19 admission and don insulated capes, as well as gloves.

Guests will first enter a "transition room" of 38 degrees Fahrenheit to ease the physical shock of entering the bar, which is kept at a stark 21 degrees.

Stepping into the venue is like stepping into a trendy, glistening walk-in freezer. Icicle-esque chandeliers dangle from ceiling to floor, illuminating glimmering, hand-chiseled furniture

A giant swan ice sculpture, crafted by Brookline Ice and Coal, is lit with color-changing lights, and if customers needed any more indication that they are imbibing in an arctic wonderland, the word "Frost" is carved in giant letters to the right of the bar, which is stocked with rows of ice glasses and local spirits.

"The bar gives you a lot of different things to take in," said Brown. "You can walk around and take pictures, and appreciate the sculptures and the details."

Groups are taken in every 15 minutes, and may only stay 45 minutes.

General manager Grier Colella expects business to be steady throughout all of Boston's volatile seasons.

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# Cape Cod train service extended to mid-October

**Awesome autumn.** The MBTA will offer train service between Boston and Hyannis this fall due to the route's overwhelming popularity.

CapeFLYER
NICOLAUS CZARNECKI, METRO

Sun-loving Bostonians will be able to enjoy a few more weeks of traffic-free traveling this fall.

The MBTA announced yesterday that its new Cape Cod train service between Boston and Hyannis would be extended through Oct. 14 due to popular demand.

CapeFLYER launched on Memorial Day weekend and has since attracted a total of 11,031 customers, according to transit officials. The service was launched in the hopes of easing traffic woes. Travelers are offered bicycle racks and tune-up tools, as well as beer, wine, Bloody Marys and Cape Codders to go with sandwiches and snacks.

Customers were surveyed on the weekend service, according to transit officials, and the response was "overwhelming."

"Numerous customers and the Cape Cod Chamber of Commerce have asked about the possibility of extending service into the fall, and with festivals and other events scheduled after Labor Day weekend and extending our 'season,' we are excited to keep this new transit option available to our visitors," said Cape Cod Regional Transit Authority Administrator Thomas S. Cahir.

T officials describe fares as "market rate and consistent with the comparable intercity bus fares." A trip from South Station to Hyannis costs $20 one-way and $35 round trip.

"By working together, the successful partnership between MassDOT, the MBTA and CCRTA has provided cost effective, efficient and enjoyable travel to the Cape for thousands of people," said Governor Deval Patrick. "Continuing Cape Rail service through the fall will be a boost for residents and tourists alike."

MORGAN ROUSSEAU
morgan.rousseau@metro.us


MBTA death

## Man killed by Orange Line

A man in his 50s was killed Saturday morning when he was struck by a southbound Orange Line train while trespassing on the tracks at Jackson Square MBTA Station. Transit police said they are investigating the incident. METRO

Gun violence

## Two men arrested for Dorchester shooting

Erickson Deaveiga, 18, of Dorchester and Dayshawn Harris, 18, of Randolph face charges of armed assault with intent to murder after allegedly shooting at three people in a car on Burrell Street in Dorchester around 4:43 a.m. Saturday. METRO

## Hoggin' the road for Collier

Hundreds of motorcyclists yesterday rode the Boston Marathon route to support cancer research and honor MIT Police Officer Sean Collier, who was allegedly killed by the Boston Marathon bombers. Collier's family and MBTA Officer Richard Donohue, who was shot during the search for the bombing suspects, also attended. / ERIN BALDASSARI, METRO

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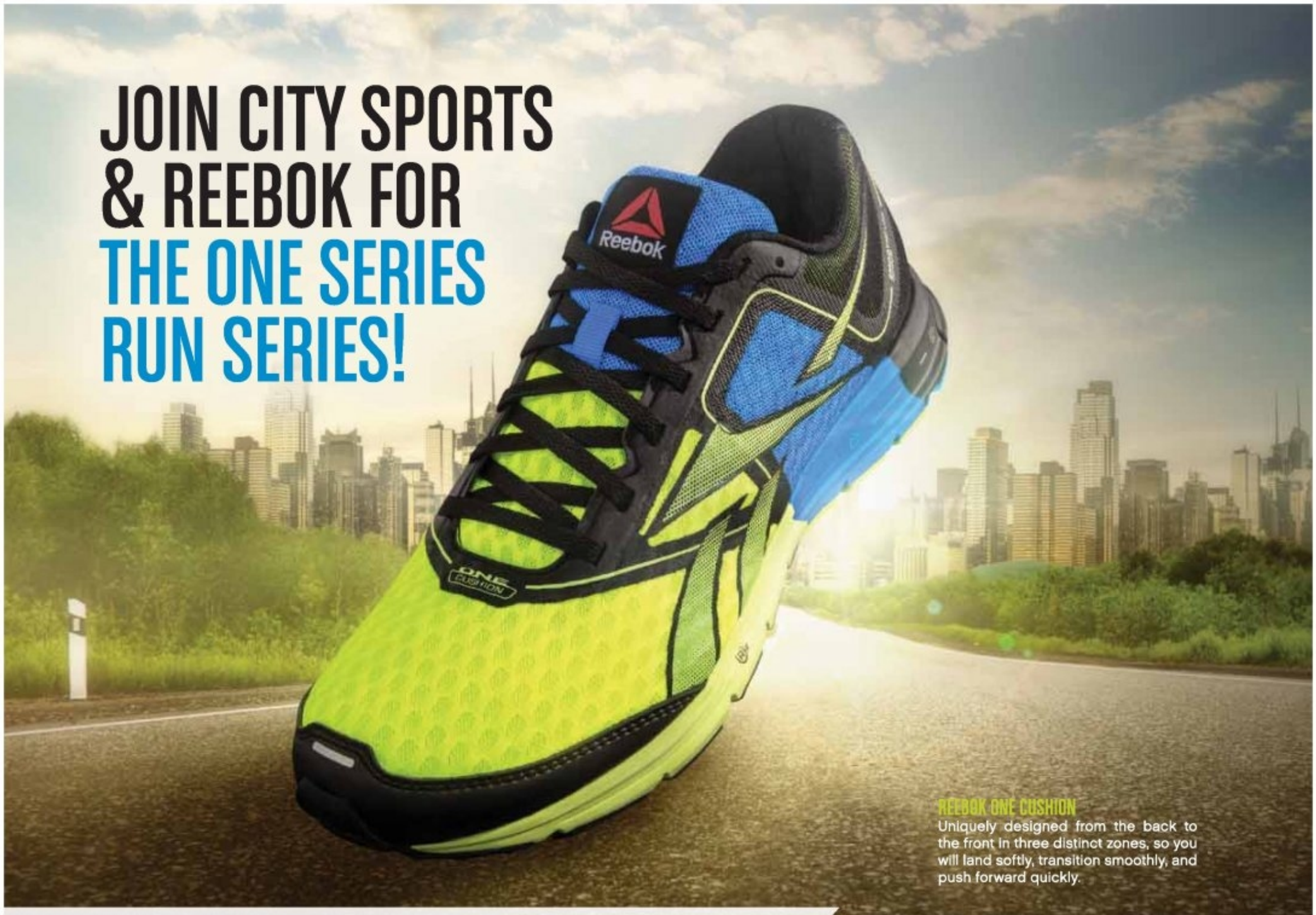


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## Reunion. Kidnapped California teen to meet with her father

A California teenager rescued from the Idaho wilderness after an FBI agent shot and killed her suspected abductor was expected to be reunited with her father yesterday, authorities said.

Hannah Anderson, 16, was airlifted on Saturday evening from an alpine lake in west central Idaho after a rescue in the rough terrain of the Frank Church River of No Return Wilderness that culminated in the death of her kidnapper, James DiMaggio, 40.

The FBI rescue came after a two-day manhunt by more than 150 law enforcement agents in the rugged mountains for DiMaggio, who was wanted in the killings of Anderson's mother, Christina Anderson, 44, and her brother Ethan, 8. REUTERS

Colorado rains

### One dead, two missing in flood and mudslide

A 53-year-old man was killed and two people were missing in Colorado after floodwaters and a mudslide triggered by torrential rains roared down mountainsides stripped of vegetation by a wildfire, authorities said.

The man who was found dead early Saturday on the side of a highway that leads up to the 14,000-foot Pikes Peak lived in an adjacent county, the El Paso County Sheriff's Office said in a statement. REUTERS

# Father, lawyer of Snowden set to make Russia visit

Edward Snowden's father, Lon Snowden, said he is doubtful that his son would receive a fair trial in the United States. / GETTY IMAGES

**Fugitive.** The inability to persuade Russia to return the NSA leaker to the U.S. has chilled relations.

The father of Edward Snowden, the fugitive former federal spy agency contractor, has received a Russian visa and will travel there to see his son "very soon," the family's lawyer said yesterday.

Attorney Bruce Fein said in a television appearance that he and Lon Snowden were skeptical about President Barack Obama's pledge to limit government surveillance programs, and they remain doubtful that young Snowden can receive a fair trial in the United States.

"We have visas. We have a date, which we won't disclose right now because of the frenzy" over the affair, Fein told the ABC news program "This Week," on which they both appeared. They will travel to Russia "very soon," he said.

"We intend to visit with Edward and suggest criminal defense attorneys who have got experience in Espionage Act prosecutions," Fein said.

Lon Snowden told Reuters in an interview on Wednesday that he has not spoken to his son since the former National Security Agency contractor left the United States for Hong Kong, just before news broke in June of the disclosures he made about covert domestic surveillance programs.

The elder Snowden criticized the Obama administration's handling of his son's case and dismissed the president's vow on Friday to improve oversight of surveillance, transparency and other efforts to restore public trust in the government's programs. REUTERS

Quoted

**"The only deal will be true justice."**

Lon Snowden
repeating his concern that his son won't be treated well because his right to a fair trial has been compromised by public criticism from U.S. officials

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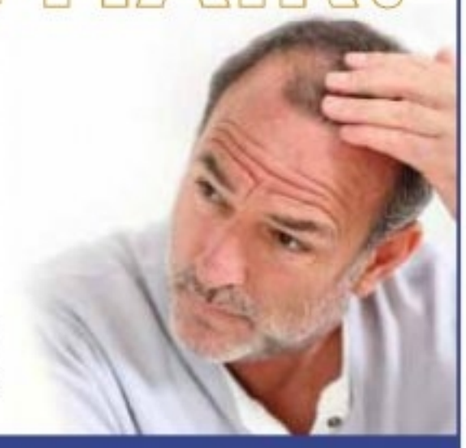

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# US condemns Iraq bombing wave as new violence kills seven more

**Killings.** Violence has raised fears that Iraq could relapse into the sectarian bloodbath of 2006-2007.

Gun attacks and a bombing killed at least seven more people in Iraq yesterday, police said, after a day of carnage aimed mainly at Shi'ite Muslims celebrating the end of Ramadan.

The United States condemned a wave of car bombings, which police and medical sources said killed nearly 80 people across Iraq on Saturday, saying those who had attacked civilians during Eid al-Fitr festivities were "enemies of Islam."

Bombs tore through markets, shopping streets and parks late on Saturday as Iraqi families were out celebrating the end of the Muslim fasting month.

Iraq's Interior Ministry said media reports about the attacks had been exaggerated in a way that would give a morale boost to attackers. It said 21 people had been killed across Iraq in the multiple attacks and that a recent security crackdown called "Avenge the Martyrs" had been effective.

Eighteen months since the last U.S. troops withdrew, Sunni Islamist militants have been gathering force in their insurgency against Iraq's Shi'ite-led government.

The civil war in neighboring Syria has aggravated tensions and the Interior Ministry said last month it was facing an "open war."

"The United States condemns in the strongest possible terms the cowardly attacks today in Baghdad," the State Department said. "The terrorists who committed these acts are enemies of Islam and a shared enemy of the United States, Iraq and the international community."

It said the United States would work closely with the Iraqi government to confront al Qaeda and discuss this during a visit of Foreign Minister Hoshiyar Zebari next week to Washington.

REUTERS

**Reward**

## $10M

The State Department said Saturday's attacks bore the hallmarks of al Qaeda's Iraqi branch. It reiterated that it was offering a $10 million reward for information leading to the killing or capture of Abu Bakr al-Baghdadi, the AQI leader.

Iraqis inspect the remains of houses after a suicide bomber detonated an explosives-rigged vehicle in the northern city of Tuz Khurmatu. / GETTY IMAGES

**Combat deaths**

## Three soldiers killed in eastern Afghanistan

Three U.S. soldiers were killed in Afghanistan's eastern borderlands yesterday, U.S. and NATO officials said, marking the first NATO combat deaths this month.

The soldiers, from the NATO-led International Security Assistance Force, were killed by insurgents in Paktia province, a U.S. official told Reuters.

Paktia is one of several provinces that border Pakistan and have endured some of the highest levels of fighting during the U.S.-led 12-year war in Afghanistan.

U.S. soldiers based in Paktia are rarely involved in combat operations after handing over security responsibility to Afghan security forces earlier this year. They now primarily train their Afghan colleagues.

REUTERS


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2

# CULTURE

**Twitter feed**

We check in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Bob Saget is feeling feisty, Bill Maher is getting out of town and Lena Dunham didn't realize how thin her boyfriend is.

@bobsaget: I don't like to drink alone 'cause there's nobody to fight with.

@billmaher: I'm leaving for a real vaca. To an island. If u dont hear from me in a week im off the grid! 2 wks call for help, Putin's got me!

@lenadunham: Grabbed boyfriend's shorts for a slouchy cool dog-walking look and couldn't fit them over my butt

## 1 Keeping up with the Kardashians

Just in case you needed to know what is up with American's favorite Armenian family, it looks like Kourtney Kardashian has some 'splainin' to do.

On Thursday, Michael Girgenti, a professional model, filed a paternity suit in Los Angeles County Superior Court saying that he had a one-night stand with Kardashian. That wouldn't be so noteworthy, except he is saying her son Mason is actually his and not Scott Disick's.

Kardashian's lawyer, Shawn Holley, said in a statement that Girgenti's accusations are "false and defamatory."

Meanwhile, sis Kim is still refusing to sell pictures of baby North West. TMZ is reporting that the she and baby daddy Kanye West have been offered upward of $3 million for pictures of the tot, but they have declined all offers. Per the website, Kim and Kanye are either going to release them to an upscale publication (Vanity Fair is one name being thrown around) or they are going to put them up on social media, a la Blue Ivy.

KOURTNEY KARDASHIAN
WIREIMAGE

## 2 ICYMI: Beyonce's new hair

Beyonce cut her hair. It is huge, huge news. / INSTAGRAM

In what became headline news over the weekend, Beyonce Knowles shockingly cut her hair and posted photos of it on Instagram. I know — it's surprising the world didn't fall off its axis. Within hours, it was the cut-heard-round-the-world with A-listers gabbing about the pixie-do on Twitter. Ellen DeGeneres joked, "If you had trouble telling me and @Beyonce apart before…" Emma Watson, who has done the short look herself, wrote: "Nearly got out my scissors this morning after seeing @ Beyonce 's pixie cut. I only just managed to restrain myself. Close call though."

## 3 Chris Brown suffers seizure

What was the cause behind Chris Brown's seizure on Friday? The short answer is, "Us!"

The embattled singer was felled by a seizure on Friday in a L.A. recording studio. It was so bad, 911 was summoned — but Brown refused treatment by the time the EMTs arrived on the scene. On Saturday, Chris's rep said the seizure was triggered by "intense fatigue and extreme emotional stress, both due to the continued onslaught of unfounded legal matters and the nonstop negativity."

I mean, I get it. Guy did his "time" with the Rihanna incident — it's time to move on. But when you beat your girlfriend so badly she almost dies and then kick her out onto the street, are we supposed to forgive and forget? That's a tall order.

## 4 Kevin Federline is married again

Kevin Federline, the pop culture punching bag of the aughts, was married in a surprise ceremony to longtime girlfriend Victoria Prince on Saturday in Las Vegas.

The ceremony, which sounded like the definition of high-brow, occurred at the Hard Rock Hotel in Las Vegas with their 1-year-old daughter Jordan Kay in attendance. Federline's four (four!) other children were reportedly not there.

## THE WORD

Dorothy Robinson takes on the world of gossip.

DOROTHY ROBINSON
@dorothyatmetro
dorothy.robinson@metro.us

**Talking points**

### Oprah Winfrey's 'Pretty Woman' moment

Even Oprah Winfrey isn't safe from discrimination, as she learned while shopping for a handbag in Zurich recently. Winfrey tells Entertainment Tonight that when she asked a clerk at the chic Trois Pommes boutique to see a $35,000 Tom Ford bag, the clerk refused. "She says to me, 'No. It's too expensive,'" Winfrey remembers. "'That one will cost too much and you will not be able to afford that.'" Winfrey decided not to make a scene. "I could have had the big blowup thing and thrown down the [American Express] black card and all that stuff, but why do that?" she says. A spokeswoman for the boutique calls the episode "an absolute misunderstanding," saying the problem was the clerk did not recognize Winfrey. That raises the question — who doesn't recognize Oprah Winfrey?

### Vaughn welcomes son

Actor Vince Vaughn is a dad once again. The "Wedding Crashers" star of and his wife, Kyla Weber, welcomed their second child, a boy, last week, according to Us Weekly. Vernon Lindsay Vaughn joins 2-year-old big sister Locklyn Kyla Vaughn. Vernon arrived weighing in at 8 pounds, 4 ounces.

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# Who ya gonna call? Saul Goodman

**TV.** Bob Odenkirk is ready for a "Breaking Bad" spin-off.

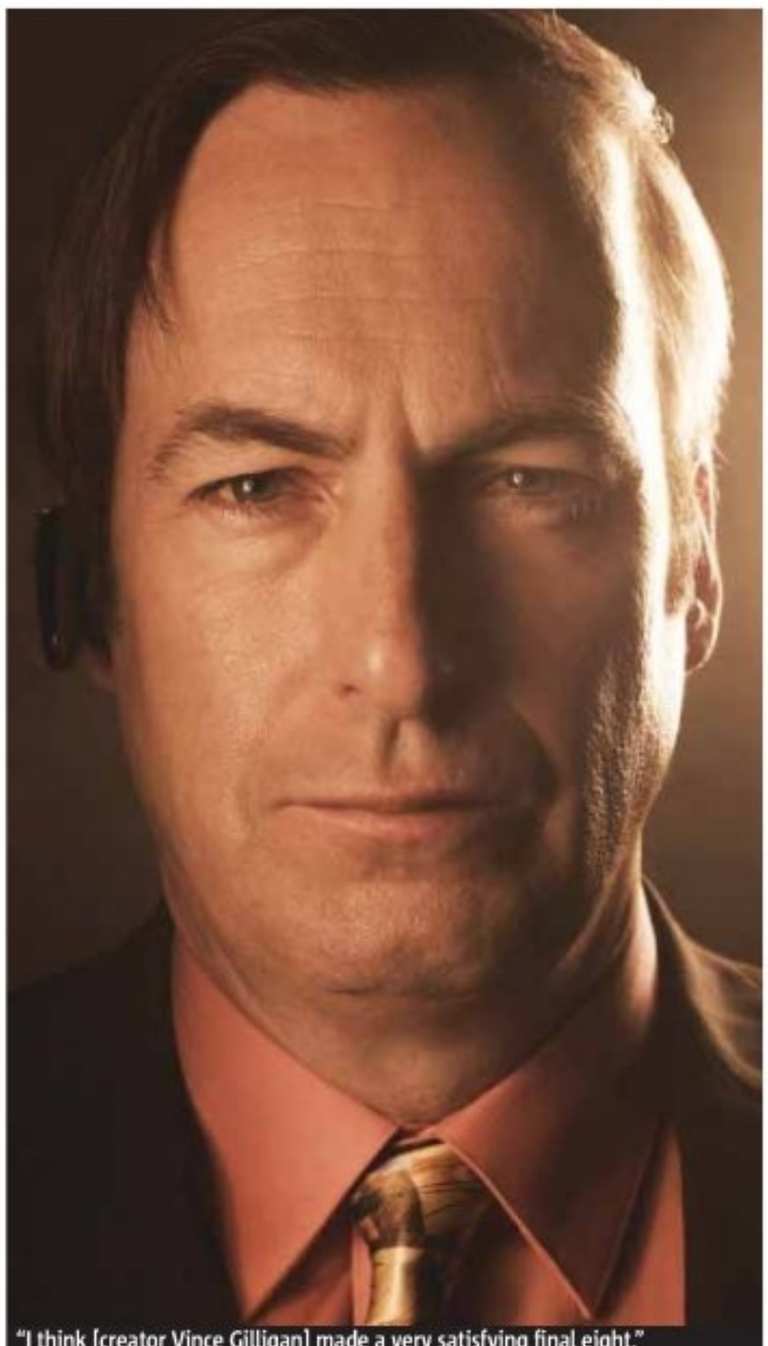
Fans of "Breaking Bad" know that killing off major characters is nothing new to the series. And anyone who thought Bob Odenkirk's character, the sleazy lawyer Saul Goodman, would get axed before the final eight episodes is in good company.

"I kept waiting for them to fit me for a severed head," Odenkirk tells us from L.A., where he's promoting "Breaking Bad" at the Television Critics' Association. "But they never did — they just didn't want to spend money on that much wax for the size head that I have," he jokes.

Odenkirk has made it to at least this point in the series, and there's talk about a possible spin-off for his character after the show draws to a close. But we'll let the man himself tell you more about that, as well as what goes into playing the crooked counsel.

**Everyone has high expectations about this last season. How do you feel leading up to it?**
I'm gonna feel just like a fan feels, just like you or anyone who loves the show. I have not read the final episode … I stuffed it through my trash so I wouldn't be tempted. Once I finish shooting it I feel just like you do, where I can't wait to see it. Even though the script has everything in it — all the visuals, all the moments — it's still always a surprise when I watch it. It still gets me just like it gets any audience member. … I know I'm gonna be going crazy every week, waiting for the next one. … It's a tribute to [creator] Vince Gilligan and the writers' ability to weave a spell.

**Do you know how Saul's story ends?**
Well, I like to think it doesn't end, but … I would say I pretty much know how Saul's story ends. I don't know ultimately how Walter White's story ends. That's what I avoided, and even though I know everything that leads up to it, I just don't know the choices he makes in the final episode.



"I think [creator Vince Gilligan] made a very satisfying final eight," Odenkirk says. / FRANK OCKENFELS, AMC

**Is it hard for you to interject bits of humor into such a dark show?**
I don't feel like I intentionally "funny it up" at all. I just play the guy with total commitment, and hopefully I achieve the levels of integrity that Bryan Cranston and Aaron Paul, Anna Gunn, Dean Norris and Betsy Brandt bring to their roles. I'm just trying to match the actors around me. You know, it's all in the writing: Vince and Peter [Gould] and the other writers write the funny stuff Saul says. I don't improvise it.

**How many people pick up on the pun in your name, "It's all good, man"?**
You know what's crazy? It seems to take people quite a long while to crack that. … I got it right away, but I think it does take most people a few years before they come around to seeing it. It's Vince. He's clever.

MEREDITH ENGEL
meredith.engel@metro.us

**Saul's future**

## Spin-off talk

**So if Saul's story doesn't end, what's all this talk of a spin-off?**
Yeah, you're on to something. [Laughs] You know, look, for some reason people feel great affection toward Saul Goodman. They like him and they want him to carry on. I don't know, Vince Gilligan should answer that question, or Peter Gould maybe — Peter's one of the writers who wrote the first episode Saul appeared on. But you know, in his defense, he's been completely 100 percent focused on finishing this show and making it satisfying for the fans, and from what I think he hasn't had a lot of time to flesh out any idea he has for a Saul Goodman spin-off. But I do believe that when he says he has an idea for it, I think he's a pretty serious guy when it comes to that kind of talk, unlike a lot of people in show business. If he says he's thinking about it, that's a more real thing than 90 percent of the stuff you're hearing.

**So you would be down for a spin-off?**
If Vince writes it I will show up on Day 1.

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Zen in the City

GABRIELLE BERNSTEIN
WWW.GABBYB.TV
Gabrielle Bernstein is the author of "Spirit Junkie."

# HOW TO MAKE YOUR POSITIVE INTENTIONS LAST FOR GOOD

Often, spiritually guided, inspired moments in our lives end up being just … moments. In other words, despite your excellent intentions, you cleanse and then go right back to eating office cupcakes. You work out for a month and then stop moving at all. You plan to cut off a toxic relationship and then, in a moment of weakness, text that person you know is bad for you.

Why?

The truth is that living a healthy, miraculous life — with vitality and grace — requires real commitment and practice. Without it, even your most soul-directed intentions may falter.

The right tools make these moments more of a mind-set and allow you to live your good intentions. Try these tips and practices that I created and use all the time.

## Practice radical forgiveness

When we slip up, we often enter a cycle of guilt that sabotages our progress even more. What if you could learn to forgive yourself on the spot? Forgiveness is a choice you make. In an instant you can shift from self-hatred and attack to self-love and compassion. Your simple decision to choose to forgive yourself will open the floodgates for peace to set in. Next time you judge yourself for falling off the healthy wagon, simply say, "I choose to forgive myself now." Then relax into that commitment and let forgiveness take over. You can also try to catch yourself in the act of self-attack. In those moments, redirect your energy by focusing something you do like about yourself.

If you're trying to make changes, think of the big-picture results of your actions. / BRAND X

## When in doubt, play it out

It's easy to forget about the long-term consequences of small choices, especially when temptation (say, a jumbo frosted cupcake) is right in front of you. But playing out the entire story from start to finish can help you see the bigger picture. For example: You pick up the cupcake and eat the whole thing, then in the heat of the moment you eat another. Fifteen minutes later you have a sugar headache that stays with you until the following morning when you feel hungover from the cupcake binge. Doesn't sound so fun after all, right? If you take the time to play out the entire scenario, you can talk yourself out of making a mistake. The key is to think your way through the whole story, not just the fun part, like when you get a sugar high off of the cupcake. Your honesty and willingness to remember what is real will save you when you want to relapse into old behavior. Use this tool whenever you find yourself enchanted by something that ultimately is not good for you.

## Work on willpower

Do you give yourself permission to do things that you know should be out of bounds? Whether it's downing that extra drink, buying that dress on your maxed-out credit card or eating fast food, giving yourself the go-ahead ultimately leads to bigger failures. Here's how to flip that logic: Stop giving yourself permission to partake in the negative behavior. If you make a commitment to yourself that you no longer partake in that activity — "I don't drink" — then you won't wind up drunk on a Friday night when you wanted to stay sober. Each time you choose not to give yourself permission to do something negative, you make it easier to do something positive. Making good on your good intentions is a miracle.

When it comes to self-discipline, the words "don't" and "can't" come up a lot. Though the words can be used interchangeably, they hold much different power. A recent study done by researchers at Boston College and the University of Houston shows that replacing the word "can't" with "don't" can help you change negative patterns, like overeating or lack of exercise. The reason for this is that when you say, "I don't do that," it is an empowering sentence, versus, "I can't do that," which isn't. Test drive this exercise for yourself and enjoy the empowering results.

More help

## Check out the video

Want to figure out how to turn these three intention-keeping tips into a lifelong practice? I created this toolkit for the "Summer of Miracles" lecture I co-hosted with Well+Good NYC. Check out the lecture on my website. The Kundalini yoga master Yogi Bhajan says, "There's a way through every block." And the strategies and meditations I share in this lecture will help you learn to find the ways that work for you.

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# How to hack your commute and relax

The commute to and from work can seem like the longest part of your day, especially if you're tired on the way in and more tired on the way out. It's easy to squander this time staring off into space, but you'll feel better in the long run if you spend your commute productively. MEGHAN GRAVES

## 1 Remember that trains don't wait

If you don't have a firm routine in the morning, you can find yourself struggling to pull yourself together and get out the door. This pattern of behavior can not only make you miss your train, it's also a great way to forget important things at home.

So, remember: Trains do not wait. Period. Missing your train only adds more time to your commute, so plan accordingly!

Hint: Creating a morning routine will save time and result in a less-panicked you.

## 2 Read a book

Immerse yourself in a great novel and time will fly by.

If you find a particularly engaging book, you'll be able to escape into your own world, despite being surrounded by 1,000 fellow commuters.

Try reading the same book as a friend or co-worker, and chat about it when you get the chance. Turn your commute into a mini book club!

Hint: Don't read paper-

work or documents from work, if you can help it. (And don't forget your first love: Metro newspapers!)

## 3 Get caught up

Living in a world built around technology makes it easy to get things done without sitting at a desk. Starting projects, reading the news, paying bills and making appointments are all things that need to get done.

Why not start your to-do list on your commute?

Hint: Be careful what information you display on your screens when you're surrounded by strangers.

## 4 Do nothing

You can survive with no cell phone, no music — nothing. Some days the most productive thing to do is let your body catch up with life.

There are lots of different practices and exercises designed to help you get in touch with your own thoughts and feelings, and there's a good technique for everyone.

Hint: Is chilling out not really your cup of (green) tea? Try closing your eyes and concentrating on your breathing. Do nothing else. It's both more difficult and more relaxing than you might expect.

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## Horoscope

**♌ Leo | July 23-Aug. 22.**
You'll have plenty to discuss with someone who shares your concerns and interests. Take care of your domestic responsibilities.

**♍ Virgo | Aug. 23-Sept. 22.**
Share important news only with people you trust. Serious plans will turn into an even greater opportunity than you first anticipated.

**♎ Libra | Sept. 23-Oct. 22.**
Overreaction will lead to emotional upset and anger. Compromise in order to keep the peace. Don't hesitate to call in a favor.

**♏ Scorpio | Oct. 23-Nov. 21.**
Jump into action and take on a challenge with all your heart and might. An intense and creative approach to whatever you do will bring positive results — even if you face unexpected opposition.

**♐ Sagittarius | Nov. 22-Dec. 21.**
Good fortune is heading your way. Investments, contracts and settlements will enable you to make the domestic changes that you've been contemplating. Don't let anyone restrict you.

**♑ Capricorn | Dec. 22-Jan 20.**
Do whatever you can to get ahead. Update and upgrade your methods in order to fill a position that will bring you greater rewards.

**♒ Aquarius | Jan. 21-Feb 18.**
Consider how you can use your talents to help you solve a problem or pursue a project. A shrewd partnership will help you achieve your goals.

**♓ Pisces | Feb. 19-March 20.**
Let your imagination wander and wonder. Explore any possibilities that will allow you to expand hidden assets.

**♈ Aries | March 21-April 20.**
Listen to what others have to say and consider how to incorporate your own goals while satisfying the needs of your colleagues.

**♉ Taurus | April 21-May 21.**
Travel and educational pursuits will bolster your achievement. In a competitive involvement, observe what others do and find a way to apply your own unique twist. Physical activity will improve your health and mood.

**♊ Gemini | May 22-June 20.**
A change will do you good. Talk over any alterations you want to make with the people who would be affected by your plans. You will meet with support and assistance.

**♋ Cancer | June 21-July 22.**
Socialize with people who can benefit from your hospitality and generous nature. Fix up your surroundings and you'll have a better environment in which to achieve. BERNICE BEDE OSOL

## Letters

### Oprah might be a little too naive

**Re: 'Oprah: No one is going to call me the N-word' (Metro, Aug. 7)** Oprah Winfrey says that no one will call her the N-word. What she doesn't realize is that she is being called the N-word every day by someone in America. In fact, someone in the audience called her a "monkey" on her talk show, early in her career when the show was in Baltimore.
ALPHONSO MONTGOMERY, VIA EMAIL

### No love for self-love

**Re: 'Mistress's self-love porn' (Metro, Aug. 6)** How dare you describe, in your Entertainment section, someone doing a masturbation video! Masturbation's a mortal sin in the Catholic Church, and talking about it will cause more to commit this sin!
RICHARD CLIFFORD, VIA EMAIL

### Reform is greatly needed

Republicans and Democrats in the Senate deserve praise for passing immigration reform with a pathway to citizenship for nearly 11 million Americans. The House should be next, but a tiny handful of Republicans are standing in the way of a vote. I think this is unacceptable to the millions of immigrants who want citizenship. The path to citizenship already has the support of a majority of the House, and it's hurting our country to keep so many people living in the shadows. My father came to this country as a 13-year-old orphan. Through hard work at a tree nursery he was able to earn enough money to become a permanent resident. I am the first woman in my family to go to college. Even with all of my education, gaining citizenship is still a complicated process.
ALTINAY CORTES, VIA EMAIL

**letters@metro.us**
Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

## Sudoku: Easy and hard

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | 8 | | | 1 | 7 | | |
| | | | | 6 | | | 8 | |
| 7 | 3 | | | 5 | | | | 4 |
| | | 4 | 2 | | | 8 | 6 | 1 |
| | | | 8 | | 7 | | | |
| 8 | 5 | 9 | | | 3 | 4 | | |
| 6 | | | | 2 | | | 4 | 3 |
| | 1 | | | 7 | | | | |
| | | 5 | 3 | | | 2 | | |

| | | | | | | | | |
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| | | | 7 | | | | | |
| 9 | 7 | | | 6 | 5 | | | 2 |
| | | | | 9 | 8 | | 3 | |
| | | 4 | 6 | | 7 | | 9 | 5 |
| | 1 | | | | | | 7 | |
| 7 | 2 | | 5 | | 4 | 6 | | |
| | 8 | | 3 | 7 | | | | |
| 1 | | | 2 | 5 | | | 8 | 3 |
| | | | | | 6 | | | |

**How to play**
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

## Crossword

**Across**
1 Inca temple city— Picchu
6 Ancient Dead Sea kingdom
10 Veal source
14 Bounding main
15 Cooked just slightly
16 Fridge stick
17 Camera part
19 Wheedle
20 MS readers
21 Skyscraper part (hyph.)
22 Long-tailed animal
23 Poles' connector
24 Spurred on
25 Incredibly foolish
28 Volvo rival
30 Furrier's stock
31 Hype
35 Offensive
36 Pond growth
37 "Oh, gross!"
39 Soothes
41 Sauce with basil
42 Dice throws
43 Lewd
44 Pale
48 — Hari (Garbo role)
49 Scarlett's mother
50 Waterfall
52 "Most Wanted" org.
55 Mongolia's — Bator
56 Kitchen appliance (2 wds.)
58 — Valley, Calif.
59 Iowa, to Jacques
60 Wild disturbances
61 Madonna ex
62 Garr of "Tootsie"
63 Late hours

**Down**
1 Pick up and go
2 Tart
3 So-so grades
4 Half a bray
5 Detaches
6 Fish-eating birds
7 Art movement
8 Provo neighbor
9 Mal de —
10 Hot drink
11 Not silently
12 New car option
13 Outwitted
18 Footnote abbr.
22 Half a Melville title
23 Cortes foe
24 Squall
25 ER practice
26 Stay in the army (hyph.)
27 Tynan portrayer
28 Philosophers
29 Anguished wail
31 Crepe cousin
32 Safari sight
33 Depose
34 Numerical prefix
36 Not many (2 wds.)
38 "— -Tiki"
40 Lay — —thick
41 Sewing aid
43 Room divider
44 Kiddie-lit author
45 Kate's TV friend
46 Andes ruminant
47 Trotsky contemporary
48 Civilian dress
50 Jade
51 On the horizon
52 Wannabe prince
53 "— Sides Now"
54 Part of M.I.T.
56 Squishy
57 Square root of IX

**Weekend's answer**

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| X | A | C | T | O | ■ | C | L | A | W | ■ | A | C | E | D |
| E | X | U | R | B | ■ | I | O | T | A | ■ | P | R | A | Y |
| N | O | B | E | L | ■ | D | A | H | L | ■ | L | O | S | E |
| A | N | A | K | I | N | ■ | F | O | L | L | O | W | E | D |
| ■ | ■ | ■ | G | A | S | ■ | S | E | E | M | E | D | ■ | ■ |
| M | A | C | H | E | T | E | ■ | ■ | N | E | B | ■ | ■ | ■ |
| T | R | A | M | S | ■ | R | A | I | D | S | ■ | F | R | O |
| N | E | M | O | ■ | R | U | M | B | A | ■ | C | I | A | O |
| S | S | E | ■ | R | A | M | P | S | ■ | B | U | N | C | H |
| ■ | ■ | ■ | F | U | N | ■ | ■ | E | N | E | M | I | E | S |
| ■ | B | L | A | N | C | H | ■ | N | E | D | ■ | ■ | ■ | ■ |
| H | E | A | V | E | H | O | S | ■ | C | L | O | M | P | S |
| A | L | P | O | ■ | I | G | O | R | ■ | A | V | E | R | T |
| H | O | E | R | ■ | N | A | D | A | ■ | M | A | N | I | A |
| A | W | L | S | ■ | G | N | A | T | ■ | P | L | U | M | B |

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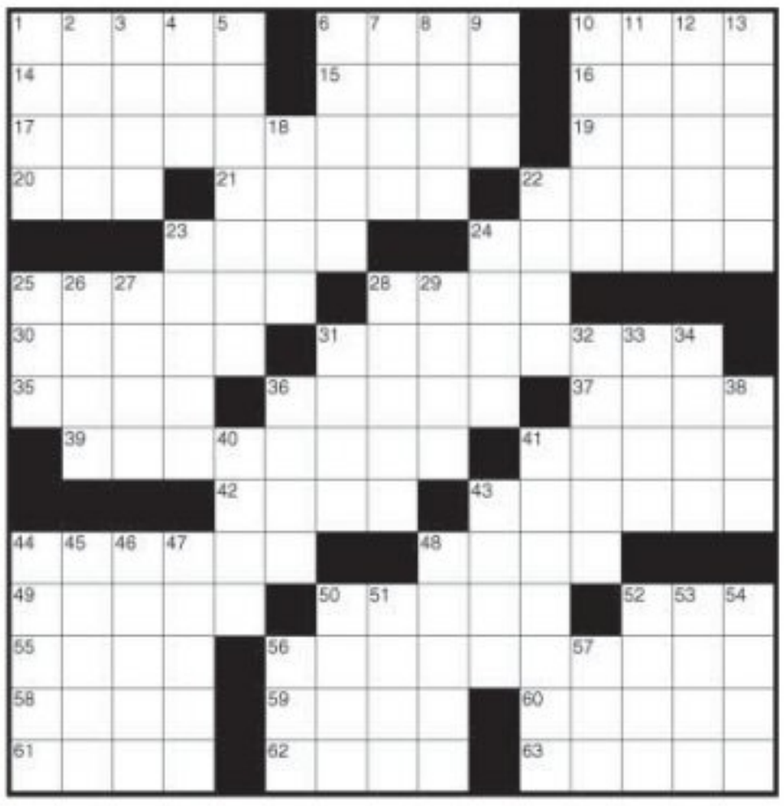

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# Patriots 2013 position preview: defensive line

**NFL.** High expectations are being placed upon a suddenly veteran-laden group.

Much is expected out of Chandler Jones, left, and Vince Wilfork, right, on the Patriots' defensive line. / BOSTON GLOBE

Offense — not defense — typically comes to mind when the Patriots are being discussed.

But while the team's secondary leaves something to be desired, the defensive line has been respectable — despite a lack of pass rush — and is improving.

Last year, the Pats gave up a stingy 3.9 yards on the ground per carry, good for sixth fewest in the NFL. In the four years prior to that, they didn't rank lower than 13th in the NFL in yards allowed per carry.

All-Pro Vince Wilfork has anchored the D-line since he entered the NFL in 2004. The 6-foot-2, 325-pound Wilfork remains one of the best nose tackles in the game, often commanding double-teams by the opposing team's offensive line.

Wilfork has forced three fumbles and recovered seven fumbles over the last three seasons, and he's as close to an every-down lineman as it gets.

This season he may have more help than ever.

The Patriots drafted defensive end Chandler Jones last season, and by all accounts Jones had a stellar rookie season.

The Syracuse product made 45 tackles, including six sacks and three forced fumbles last season. He's already considered a top 20 edge rusher, and should crack the Top 10 — or Top 5 — in the next couple of seasons. It should be a big second season for Jones.

On the opposite edge is Rob Ninkovich. While Jones was a first round pick, Ninkovich was drafted in the fifth round back in 2006 by the Saints, and didn't show his worth until he joined the Pats in 2009.

Ninkovich is versatile. He played linebacker when the Pats were primarily a 3-4 defense, and now plays defensive end in the 4-3. He had a career-high eight sacks last season and forced five fumbles, recovering four of them. He also has four interceptions dating back to 2010.

But the big addition to the line is Tommy Kelly, who will look to clog the middle right next to Wilfork. Kelly signed a two-year deal with New England over the offseason, and the 32-year-old has looked impressive in camp and in the team's first preseason game.

The Pats also signed CFL star Armond Armstead, but he's been out of action due to surgery for an infection. Marcus Forston, Justin Francis, Jake Bequette and Jermaine Cunningham hope to make an impact in backup roles this year.

**Elite line**

**49**

The Pats current defensive line group of Vince Wilfork, Rob Ninkovich, Chandler Jones and Tommy Kelly averaged 49 tackles in 2012. Kelly spent last season with the Raiders.

JAMES TOSCANO
sports@metro.us

**Royal pain**

## Red Sox fall to KC in series finale

Kansas City closed out its weekend series with the Red Sox with a 4-3 victory yesterday. The Royals took three out of four from Boston.

John Lackey made his first start since spraining his ankle last Monday in Houston and it clearly affected him. On the plus side, he was able to give his team seven innings (four earned runs on seven hits).

Alex Gordon's solo homer in the third turned out to be the winning run for the Royals.

The Sox are in Toronto for three games starting tomorrow night. METRO

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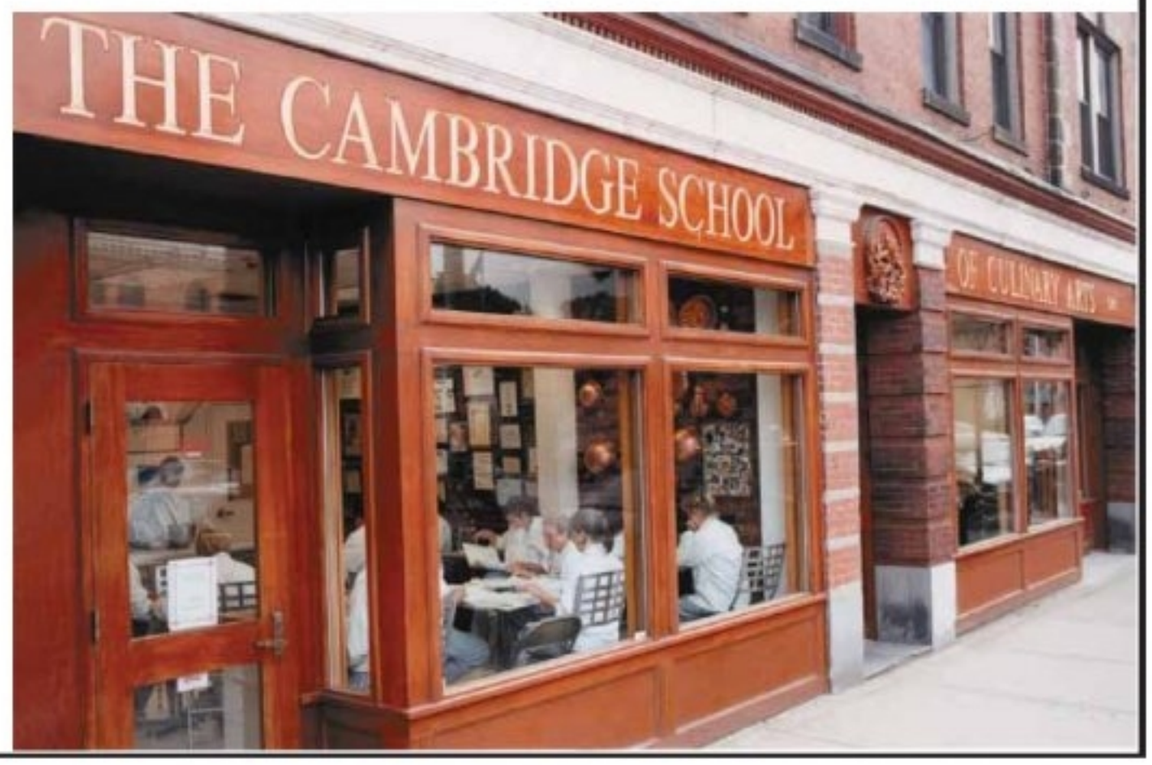


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